

Motor Skill

The ability to make the purposeful movements that are necessary to complete or master a prescribed task.

Rotate at the hips

Cognitive Skill

Cognitive skills are the basic mental abilities we use to think, study, and learn. They include a wide variety of mental processes used to analyze sounds and images, recall information from memory, make associations between different pieces of information, and maintain concentration on particular tasks.

Plan a route down a set of rapids

Discrete Skill

are brief, well-defined actions that have a clear beginning and end. They are single, specific skills, which make up the actions involved in a variety of sports such as hitting and throwing.

Sweep stroke

Serial Skill

are a group of discrete skills strung together to make a new and complex movement.

Rodeo cartwheel

Continuous Skill

have no obvious beginning or end. The end of one cycle of movements is the beginning of the next, and the skill is repeated like a cycle. These skills could be stopped at any moment during the performance of the skill.

Paddling from A to B

Open Skill

sports such as Netball, Football, and Hockey usually involve open skills. This is because the environment is constantly changing and so movements have to be continually adapted. Therefore, skills are predominantly perceptual. The skill is mostly externally paced.

Running a rapid

Closed Skill

These skills take place in a stable, predictable environment and the performer knows exactly what to do and when. Therefore, skills are not affected by the environment and tend to be habitual. Movements follow set patterns and have a clear beginning and end. The skills tend to be self-paced.

Flat water forward paddling stroke

